

WELL AWARE



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Contact DelaWELL

www.delawell.delaware.gov

1-800-556-6106

EMAIL: Employee.wellness@state.de.us

Alere®

<https://delawell.alerehealth.com>

1-866-674-9103

Contact Statewide Benefits Office

www.ben.omb.delaware.gov

1-800-489-8933 OR (302) 739-8331

2011-2012 DelaWELL Rewards Are As Easy As 1-2-3!



1) Participate in a DelaWELL Health Screening to be held at various locations throughout the state NOW through November 2011 AND January through April 2012. To register for a Health Screening appointment nearest you, visit the DelaWELL Health Portal at <https://delawell.alerehealth.com>. Once logged in, click on the "Appointment Registration" link located on the left menu under Health Screenings.

2) Complete your confidential online Wellness Assessment questionnaire for 2011-2012. To access and complete your online Wellness Assessment, visit the DelaWELL Health Portal at <https://delawell.alerehealth.com>.

3) Actively participate in a Health Coaching or Condition Care Program. Visit the DelaWELL Health Portal at <https://delawell.alerehealth.com> or call (866) 674-9103 to find out more and enroll.

Complete Steps 1 and 2 to earn the Silver Level: **\$100 DelaWELL Reward**

OR

Complete Steps 1 and 2 and 3 to earn the Gold Level: **\$200 DelaWELL Reward**



(Members who meet the requirements for the Silver or Gold Levels will also have a chance to win a free: Three-Month YMCA Family Membership OR One-Year YMCA Family Membership)

Learn more about the 2011-2012 DelaWELL Program, the program activities and ways to earn DelaWELL Rewards, by visiting the DelaWELL Health Portal at <https://delawell.alerehealth.com>. Once logged in, click on "Program Overview" located on the left menu.



The YMCA of Delaware has partnered with the DelaWELL Program to offer a Complimentary One-Day Family Guest Pass for State of Delaware Employees and Retirees!

To learn more and print your free pass, visit www.delawell.delaware.gov and click on "Gym Memberships" located on the left menu under "Special Discounts." The pass can be used at any YMCA of Delaware location.



Governor Jack Markell Recognizes the Work and Dedication of the State of Delaware's Wellness Champions



DelaWELL Staff (Aaron Schrader and Teri Strawder) pictured with Governor Markell



Governor Markell addresses the State of Delaware Wellness Champions

On Wednesday, June 22, 2011, over 30 designated Wellness Champions from the various State of Delaware agencies and school districts convened at the Richardson and Robbins Building in Dover, DE for the 2nd Annual Wellness Champion Kick-Off Event. The event provided an opportunity to share program highlights from the 2010-2011 DelaWELL Program Year, acknowledge the work of the Wellness Champions and review the exciting, new programs and incentives for the 2011-2012 DelaWELL Plan Year. Governor Markell attended the event and thanked all of the Wellness Champions for the job that they are doing to create a healthier Delaware and encouraged them to keep up the great work. Each Wellness Champion in attendance received a special "Certificate of Appreciation" signed by Governor Markell.

Three outstanding Wellness Champions received the "2011 Governor's Healthy Worksite Wellness Award" as well as a free, three-month YMCA Family Membership:



Beverly Barr-Ford
(Delaware Transit Corporation)

Beverly shared lunch hour presentations with employees who worked non-traditional hours and conducted all-day visits at Delaware Transit's four statewide operations locations on DelaWELL topics. During the site visits, Beverly gathered email addresses from employees without access to Microsoft Outlook and to date, wellness information is being sent to over 80 maintenance and operations employees. Because of Beverly's hard work and dedication, Delaware Transit's group participation numbers have increased and many employees have experienced health benefits, including weight loss success stories' ranging from 7 up to 32 lbs.



Dr. Karyl Rattay
(Delaware Health and Social Services)

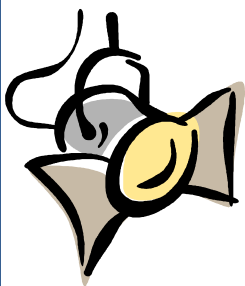
Donna Sharp accepted the award on Dr. Rattay's behalf, accompanied by Heidi Truschel-Light.

Dr. Rattay assembled a hard-working champion team that represented all divisions. Delaware Division of Public Health (DPH) promoted DelaWELL through multiple presentations in Smyrna, Dover, Milford and Seaford during January 2011. Over 87 DPH employees attended the events. On April 11, Dr. Rattay led a one-mile DelaWELL walk on Dover sidewalks near state buildings with 40 participants and on April 28, Secretary Rita Landgraf led a one-mile walk on the Herman Holloway campus in New Castle, DE.



Robbie Weakland
(Delaware Department of Transportation)

At DelDOT, they not only promoted all of the activities and literature provided by DelaWELL, but Robbie and her team developed their own internal program called "DelDOT on the Move," which engaged employees who do not have regular computer access. Robbie and her team reached out to the DelDOT maintenance yards to distribute and post print materials about DelaWELL events and healthy living. In addition, they held two on-site seminars (Tips to Stay Energized) where employees could gather information on staying active.



MOTIVATION STATION:

"I think DelaWELL is a great program and a great way to help employees stay fit and healthy."

Erin McCloskey

First Grade Teacher
Marbrook Elementary School
Red Clay Consolidated School District

May 2011



"I teach Zumba here at Marbrook Elementary once a week after-school for staff and the teachers love it! Zumba is a cardio dance class, where you move and dance to a combination of Latin and international music. We also participate in "Girls on the Run" twice a week, so many of us stay after-school three days a week doing exercise activities.

We have a good time doing Zumba together. It's a great workout and some teachers have said it got them back on track to a healthier lifestyle. Some of the teachers are even losing weight as a result. I teach at a studio in Newark and the teachers plan on attending my classes all summer as well!

I think DelaWELL is a great program and a great way to help employees stay fit and healthy. Good, healthy behaviors rub off on each other! Thank you!" Erin wrote.



Has the DelaWELL program impacted your overall health? Do you have a success story that will encourage your co-workers along their path to wellness? If so, we would like to hear from you! Send us an e-mail at Employee.Wellness@state.de.us for possible posting in upcoming editions of WellAWARE and on the DelaWELL website.

To read more participant health testimonies, visit www.delawell.delaware.gov and click on the "Motivation Station" link.



Sometimes, life throws us a curve ball when we least expect it. The situations and circumstances we go through at work and at home can cause us stress, pain and leave us feeling broken. Come learn how to put the pieces together and leave feeling encouraged!

Register today for the September 2011 Onsite Health Seminar Topic:

“Putting the Pieces Together: Dealing with the Stress and Challenges of Life”

At this seminar, you will learn about:

- Stress and your health
- Changing the way you think
- How life's challenges can provide opportunities for growth and advancement
- Developing and maintaining self-efficacy
- Managing your time
- Effective techniques for stress reduction

To register for a date and location that is convenient for you, please visit www.delawell.delaware.gov and click on the “DelaWELL University Onsite Health Seminars” link.



Preventive Exams – Your Health Checkup

All adults should visit their healthcare provider from time to time, even if they are healthy. The purpose of a preventive exam is to:

- Screen for diseases
- Assess health risks
- Encourage a healthy lifestyle
- Keep vaccinations current
- Develop a relationship with a doctor in case of an illness

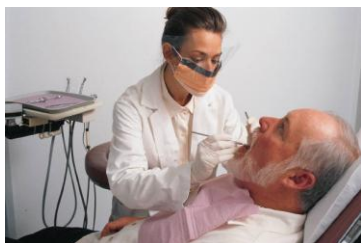
Preventive exams include:

- ✓ Blood pressure screening
- ✓ Cholesterol screening
- ✓ Dental exam
- ✓ Eye exam
- ✓ Immunizations



Additional screenings vary by age and gender, so consult your healthcare provider.

DelaWELL is offering FREE Health Screenings throughout the state. Screenings include measurements for height/weight (Body Mass Index), blood pressure, total cholesterol, HDL, LDL, triglycerides and blood sugar (glucose). To register for an appointment nearest you, visit the DelaWELL Health Portal at <https://delawell.alerehealth.com>. Once logged in, click on the “Appointment Registration” link located on the left menu under Health Screenings.



Healthy Recipe

garlic mashed potatoes



If you like, instead of cooking the potatoes with the garlic, add roasted garlic when mashing. Garlic lovers should feel free to use a whole head.

Takes Under 30 minutes
Makes 4 servings

INGREDIENTS:

- 1 ½ pounds (720 g) potatoes, preferably Yukon Gold, peeled and cut into 2-inch (5-cm) chunks
- 4 to 6 cloves garlic, peeled
- ¾ cup (12 fl oz/360 ml) nonfat buttermilk or plain 1% soy milk
- Sea salt to taste
- Freshly ground black pepper to taste

PREPARATION:

1. Place potatoes and garlic cloves in a large saucepan. Add cold water to cover and salt. Bring to a boil over medium heat. Cook until the potatoes are very tender, about 15 minutes.
2. While the potatoes are cooking, gently warm the buttermilk or soy milk--do not let it boil.
3. Drain the potatoes and garlic and mash with a potato masher or work through a ricer. Add the warmed buttermilk or soy milk and mash to a smooth puree. Season with salt and pepper and serve.

NUTRITIONAL INFO PER SERVING

165 Calories
0.6g Fat
0.3g Saturated fat
4.0g Protein
34g Carbohydrate
2.8g Fiber
56mg Sodium

For more great healthy recipes, visit the DelaWELL Health Portal at <https://delawell.alerehealth.com>.



The Fitness Guru Says...

Question of the Month: "What is a stability ball and how can I use it to work my abdominal muscles?"

Dear Employee,

Stability balls, also known as exercise or balance balls, are large, inflatable balls. It is important to buy the right size ball, based on your height, and maintain proper air pressure in it. When sitting on the ball, your knees and hips should align at a 90-degree angle.



A primary benefit of exercising with an exercise ball as opposed to exercising directly on a hard flat surface is that the body responds to the instability of the ball to remain balanced, engaging more muscles. While performing sit-ups/crunches on the ball, your back is supported throughout the movement and you can achieve a greater range of motion. Here's a tip.... Should balance prove to be a challenge for you, widen your base of support by moving your feet apart.

For sample stability ball exercises, visit the American Council on Exercise (ACE) at www.acefitness.org and click on ACE GetFit™.

Best of Health!

F.G. (a.k.a. Fitness Guru)

PLAN MY QUIT

DelaWELL
wants to help
you **QUIT**
smoking.

Visit www.PlanMyQuit.com/delawell
to put your plan in place.

BENEFITS NEWS

Benefit Plan Identification Cards

Depending on what benefit programs you are enrolled in, you should have an Identification (ID) Card from Aetna or Blue Cross Blue Shield of Delaware (health coverage), Medco (prescription coverage), Dominion Dental or Delta Dental (dental coverage), and EyeMed (vision coverage). If you are enrolled in any of these benefits programs and do not have an ID card or need additional cards for family members, call the applicable Customer Services number below to request one.

When visiting a physician or dentist, laboratory, pharmacy, or other provider of services you will probably be asked to show your ID card and your driver's license. You are asked to provide your ID card to confirm your ID number and the sponsoring group (State of Delaware) and your driver's license to confirm your identity.

It is important to keep your ID card in a safe place and show it when receiving services or calling Customer Services because it provides the key to receiving services and having claims processed correctly.

The Customer Services phone number is located on each card for easy reference. Customer Service for each provider can be reached as follows:

Aetna...1-877-542-3862

Blue Cross Blue Shield of Delaware...429-0260 or 1-800-633-2563

Medco...1-800-939-2142

Dominion Dental...1-888-518-5338

Delta Dental...1-800-873-4165

EyeMed...1-855-259-0490

Should you need assistance call Statewide Benefits Office at 302-739-8331 or 1-800-489-8933.

Employee Assistance Program

If you are enrolled in a non-Medicare State of Delaware Group Health Plan, you are eligible to receive the services of the Employee Assistance Program (EAP). The EAP's provider, HMS, provides services to employees, non-Medicare eligible pensioners and their dependents. HMS offers professional counseling services to help balance the high demands of home and work life issues.

Here are just a few of the areas where HMS can be of assistance:

- Marital Relationships
- Family/Parenting Issues
- Stress Management
- Grief and Loss
- Difficult Emotional Problems
- Eldercare/Childcare
- Legal/Financial
- Parenting/Schooling Issues
- Alcohol and Drug Abuse
- Occupational Stress
- Working With Others
- Balance Work and Family

A professional counselor is available to provide confidential service 24 hours a day, every day of the year at 1-800-343-2186. HMS website's employee/family login is available at

<http://www.hmsincorp.com/default.aspx> *User name:* Delaware *Password:* statehms04